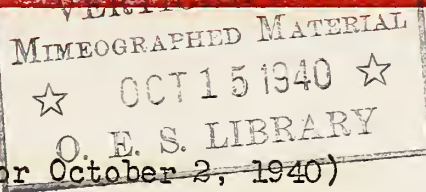


Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



September 27, 1940

No. 453

(Digest of Market Basket for October 2, 1940)

IN THE LANGUAGE OF THE COOK

Modern scientific cooks know their words. They keep up with the fast-growing list of special terms used in cookery. They know the fine distinction between "panbroiling," "sauteing," "frying," and "braising."

"Panbroiling" is one way to cook meat in a skillet on top of the stove.

But _____, _____, _____, explains that
(Name) (Institution) (Place)
the special point about panbroiling is cooking without added fat, without water, and without a cover on the skillet. It is the method to use for tender chops and steaks that have fat of their own and are quickly cooked. Pour off the fat as it renders out, so the meat will not be frying.

"Frying" is a different cooking process. It means actually to cook in fat. Sometimes the fat is deep enough to cover the food entirely, as in frying chicken or croquettes. But you can also fry with shallow fat in a skillet. Hash and meat patties are good examples of shallow-fat frying; and some meats, such as sausages and bacon, fry in their own fat.

"Sauteing" is another puzzler, all the more confusing because it comes from a French word meaning to jump. Sauteing is a cross between panbroiling and frying. It means to brown the food in a little fat and turn it often to keep it from sticking.

The word "braising" comes up again and again in meat cookery. To braise means to brown in a little hot fat, and then cook the meat in steam--with or without added liquid. Swiss steak and pot roast are good examples. These meat cuts are not so tender to start with, but, properly braised, can be cut with a fork when they come to the table.

